

# InShape

## West Valley City Fitness and Recreation Center News



### WESTFEST FAMILY CLASSIC 5K

#### Date/Time:

Saturday, June 22, 2013  
Race start time is 7:30 a.m.

#### Registration:

Register by mail (must be postmarked by June 16) or at the Family Fitness Center (5415 South 3100 South) or day of race 6-7 a.m.

**Late fees may apply - see below**

#### Entry Fees:

Adults (18 & older) \$10  
Youth (17 & under) \$5  
\*Families \$35 (up to six family members - each additional family member is \$5).

**\*Family Definition:** Family members must live in the same residence and be related.

**Entries received after June 16 will have a \$5 late fee added.**

#### Kids Fun Run:

For ages 8 and under.  
FREE for family members of 5K participants and \$5 for all others.  
Kids Fun Run registration form required.

#### Information:

For additional information, please call 801-955-4000.

### Host Your Next Birthday Party at the Family Fitness Center

Let the staff of the West Valley City Family Fitness Center take the stress out of planning your next birthday party. With three packages to choose from, there's no better way to celebrate!

Several party options to choose from, starting at \$70. Call the 801-955-4000 for more information.

Reservations must be made one week prior to event.

### Kidz Kamp Summer Program

For boys and girls 5-12 years old

Camp runs June 3, 2013 through August 23, 2013

Themed weeks include pirates, western, superhero, water, around the world and much more!

Activities Include awesome lunches and snacks, Kidz Yoga and ZUMBA, swimming, rock climbing, super sports and crazy games, arts and crafts, special guests and more!

Field Trips Include Living Planet Aquarium, bowling, ice skating, Hogle Zoo, Hollywood Connection, super summer movies, roller skating and more!

**\$100 per week per child OR \$24 per day per child  
(No refunds or date changes)**

Register by Tuesday by Fitness Center close of business the week BEFORE the beginning of each camp.  
Call 801-955-4000 or visit the front desk.

**No late registrations or date changes accepted.**



### Summer Soccer Camp

July 8 - 12, 2013  
West Valley City Centennial Park

West Valley City Family Fitness Center has teamed up to host the week-long British Soccer Camp.

The soccer camp sessions are offered for the following ages:

Ages 3-4	First Kicks from 11 a.m. – 12 p.m.	\$77
Ages 4-5	Mini Soccer A.M. from 9 a.m. – 10:30 a.m.	\$90
Ages 4-5	Mini Soccer P.M. from 5:30 p.m. – 7 p.m.	\$90
Ages 6-9	Half Day Camp from 9 a.m. – 12 p.m.	\$118
Ages 10-16	Half Day Camp from 9 a.m. – 12 p.m.	\$118
Ages 8-16	Golden Goal from 1 p.m. – 3 p.m.	\$40

Each camper will receive a free camp t-shirt, soccer ball, giant soccer poster and an individual skills performance evaluation. In addition, any child who signs up online at least 45 days prior to camp will receive a genuine British Soccer replica jersey (value \$39).

To sign up for the camp, either visit [www.challengersports.com](http://www.challengersports.com) or contact Valerie Custer at 801-955-4016 or email at [valerie.custer@wvc-ut.gov](mailto:valerie.custer@wvc-ut.gov).

5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 [www.wvc-ut.gov/fitnesscenter](http://www.wvc-ut.gov/fitnesscenter)

Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 4 p.m.

Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 11:30 a.m. - 5 p.m.

Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 1 p.m. - 4 p.m.